



I'm not robot



I am not robot!

In *The Brain That Changes Itself*, Norman Doidge described the most important breakthrough in our understanding of the brain in four hundred years. Now his revolutionary new book shows how the amazing process of neuroplastic healing really works. He describes natural, noninvasive avenues into the brain provided by the forms of energy around us—light, sound, vibration, and movement—that can awaken the brain's own healing capacities without producing unpleasant side effects. *The Brain's Way of Healing* grabs onto the reader at once and compels them to keep reading. As he did so lucidly in *The Brain That Changes Itself*, Doidge uses stories to present cutting-edge science with practical real-world applications, and principles that everyone can apply to improve their brain's performance and health. *The Brain's Way of Healing* is brilliantly organized, scientifically documented, and a beautifully written narrative that captivates the reader, who is left with the profound message that the brain, similar to other organs, can heal."—Stephen W. Porges, PhD, Indiana University Bloomington and author of *The Polyvagal Theory*

"Doidge's *The Brain's Way of Healing*. The New York Times—bestselling author of *The Brain That Changes Itself* presents astounding advances in the treatment of brain injury and illness. This book is about the discovery that the human brain has its own unique way of healing. This is an important and encouraging book."—The Vancouver Sun, Canada

"Exhilarating science In an era of ever-increasing medicalisation of the human mind, and the medication of it, the appeal of neuroplasticity outlined by Doidge is addictive. Now in an updated and expanded edition, the New York Times—bestselling author of *The Brain That Changes Itself* presents astounding advances in the treatment of brain injury and illness. For centuries we believed that the price we paid for our brain's complexity was that, in exchange, it was less capable of healing itself. It describes natural, non-invasive avenues into the brain provided by the forms of energy around us—light, sound, vibration, and movement—which pass through our bodies and into the brain. *The Brain's Way of Healing* describes natural, noninvasive avenues into the brain provided by the energy around us—in light, sound, vibration, and movement—that can awaken the brain's own healing capacities without producing unpleasant side effects. *The Brain's Way of Healing* describes natural, noninvasive avenues into the brain provided by the energy around us—in light, sound, vibration, and movement—that can awaken the brain's own healing capacities without producing unpleasant side effects. In *The Brain That Changes Itself*, Norman Doidge described the most important breakthrough in our understanding of the brain in four hundred years: the discovery that the brain is capable of healing itself. Now *The Brain's Way of Healing* shows how this amazing discovery really works, significantly broadening the field from traumatic brain injury to all manner of diseases. The New York Times—bestselling author of *The Brain That Changes Itself* presents astounding advances in the treatment of brain injury and illness. Now in an updated and expanded edition, *The Brain's Way of Healing* turns that belief on its head, as Doidge lucidly explains how the brain's capacities are highly dynamic, and how its very sophistication makes possible a unique and gentle kind of healing.